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THE TD KING IMMORTALIZED

Famed Blue Bomber No. 85 — Milt Stegall — poses in front of his new gate. He was one of four players to unveil their gates at Investors Group Field on Thursday. For more coverage, see page 4. SHANE GIBSON/METRO

Crooks give back — just not willingly

\$5 million seized since 2010. Part of that cash will go toward hiring five new RCMP officers

Money well spent

"We know that public safety has a cost. But it's a cost that Manitobans expect us to bear."

Justice Minister Andrew Swan

The Manitoba government promised Thursday to put another \$1 million into anti-crime measures and victims' services this year, courtesy of property seized from criminals.

The province also said it would pay for five additional RCMP officers, in an ongoing attempt to fulfill a 2011 election promise to add 150 police officers and cadets.

"We will do everything we can to meet that promise," Justice Minister Andrew Swan said Thursday.

The money comes from criminal property seizures, which have totalled \$5 million since 2010. Some of the money will pay for police

equipment such as ballistic helmets and roadside emergency signs. Some of the cash will also be used to pay travel costs for relatives of homicide victims who have to attend court.

The five new RCMP officers are on top of 44 Mounties, municipal police officers and cadets that the province has already paid for. That means the province is one-third of the way to fulfilling its 2011 election promise.

Swan said one hurdle so far is establishing cadet programs in rural areas, which is still a work in progress.

THE CANADIAN PRESS

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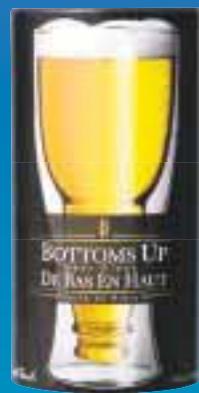
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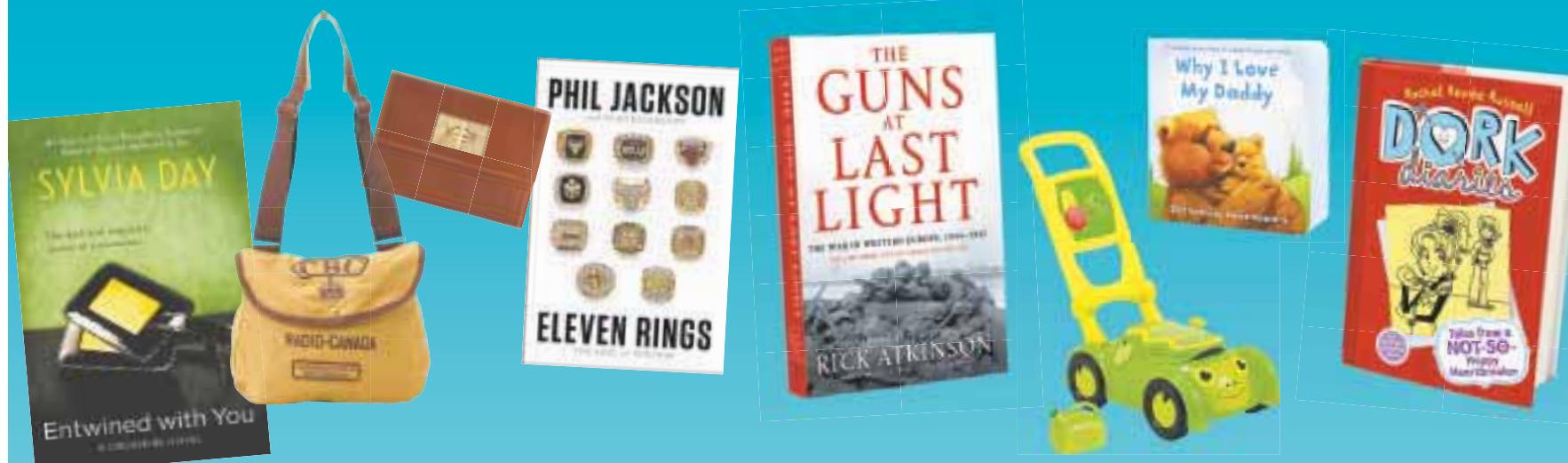
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Cardboard bales feed fire at Winnipeg metal shop

20-foot flames.

St. Boniface roadway closed while crews battle blaze



SHANE GIBSON

shane.gibson@metronews.ca

Fire crews quickly quelled a fire that started in bales of cardboard at a St. Boniface metal shop Thursday morning, but making sure those smouldering bales were out proved to be a time-consuming process.

Firefighters had to use a front-end loader to bring dozens of the large blackened bales out of Industrial Metals at 560 Rue Messier one at a time to be doused after witnesses said the cardboard was set ablaze shortly after 9 a.m. by the sparks

from someone cutting metal.

"The entire top of the building was filled with smoke," said Jenna Klassen, who works at Jaco Ecosolutions Canada Ltd., which shares the large industrial building with the metal shop. "It was terrifying ... the entire place turned black (with smoke) in less than five minutes ... We've got 30-foot ceilings in this place ... and (the flames) were a good 20- to 25-feet high — they almost touched the ceiling."

Between the two companies, Klassen estimated between 30 and 40 people were in the building when the fire started, and she said everyone made it out safely.

Firefighters had the fire under control by 10:15 a.m. and spent the better part of the morning making sure each bale wouldn't go up again.



A firefighter sprays down smouldering bales of cardboard outside Industrial Metals in St. Boniface Thursday morning after witnesses say the bales caught on fire inside the building around 9 a.m. SHANE GIBSON/METRO

Investigations prompt city to develop arson strategy

The city's public service will spend the next several months developing a long-term strategy to deal with arson after receiving a directive from the city's protection and community services committee on Thursday.

The plan, slated to be completed by October, is being developed partly as a reaction to a city report presented on arson activity over the five years between 2007 and 2012, which noted the number of arson investigations more than doubled during that period.

While the report's author, Danny Smyth, Winnipeg Po-



Winnipeg police and firefighters battle a blaze in the back lane of a North End home in April that was investigated as a possible arson. METRO FILE

lice Service superintendent of investigative operations,

admitted that arsons are a big problem in the city, he said

the figures during the five-year reporting period make the increase seem more substantial than it is.

"Over a 10-year period, our numbers are relatively stable; 2007 and 2008 were lower than all of the previous 10 years," he said, adding that the number of arson investigations have been relatively stable at between 400 and 500 a year over the last decade. "I wouldn't characterize this as dramatically increasing over time."

Smyth told the committee that an approach that focuses on chronic youth offenders,

developing a more cohesive arson reporting system between the WPS, the Winnipeg Fire Paramedic Service and the Office of the Fire Commissioner, and taking steps to remove bulky waste from alleys as soon as possible would be the way to go when combatting firebugs. Smyth noted that garbage fires accounted for almost a quarter of arsons in the city.

To that end, before a final arson strategy is dealt with, city crews will make the effort to get out and pick up larger waste more regularly.

JOHN TOWNS/FOR METRO

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Winnipeg Blue Bombers are paying homage to four of their greatest players at entrance ways into their new stadium. The team asked fans to vote for which four hall of fame players they'd like to see at the gates into Investors Group Field. The four footballers were at the new stadium Thursday to see their new gates.

SHANE GIBSON
shane.gibson@metronews.ca



Ken Ploen

The man considered by many to be the Bombers' greatest quarterback, Ken Ploen shows he's still got the arm in front of his gate.

Simply the best



Joe Poplawski

Joe Poplawski, the clutch receiver known to most as 'Joe Pop', in front of his gate at the new stadium.

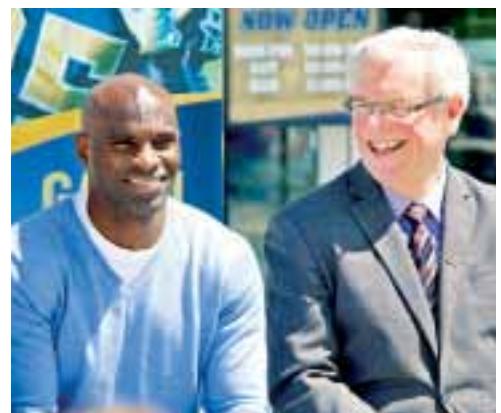


Doug Brown

The Big Man, Doug Brown, was all smiles as he towered in front of his gate.



A Dixieland Jazz band led fans and media around to the four corners of the new stadium for photo ops with the honoured players and their gates.



Milt Stegall

Premier Greg Selinger has a laugh with retired Bomber receiver Milt Stegall at the unveiling.

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Lake Winnipeg, seen here at Grand Beach over the Victoria Day long weekend last month, is the world's most "threatened lake of 2013," according to the Global Nature Fund. BERNICE PONTANILLA/METRO

'The clock is ticking'

Saving Lake Winnipeg.

Manitoba sets out to convince U.S., other provinces to sign accord

Quoted

"Clearly, we have got to take efforts to save our great lake to a new level."

Conservation Minister Gord Mackintosh

Manitoba is setting out to persuade half of Canada and a handful of northern U.S. states to sign an agreement to save the country's "sixth great lake."

Manitoba Conservation Minister Gord Mackintosh said the high levels of pollution in Lake Winnipeg has earned it the dubious distinction of "Canada's No. 1 water hot spot" and the world's most "threatened lake of 2013."

Lake Winnipeg is being

threatened by huge algae blooms — some so large they can be seen from space — which feed partially off pollution that flows into the lake.

Half the water going into the lake comes from Manitoba and the rest comes from other parts of Canada and the United States, Mackintosh said.

The clean-water agreement would need signatures from Saskatchewan, Alberta and

Ontario, as well as North Dakota, South Dakota and Minnesota, Mackintosh said.

He said it's time everyone did their part to save the 10th-largest freshwater lake in the world.

"The clock is ticking. We have to get going now," Mackintosh said Thursday.

The province is now putting together a "Lake Friendly" alliance, which will hold consultations and draft language aimed at cutting in half the pollution flowing into Lake Winnipeg. It won't be easy to convince everyone to clean up local waterways, but Mackintosh would like to see an accord signed in the next few years — by 2020 at the latest. **THE CANADIAN PRESS**

10-day trek. First Nations leaders take treaty-rights awareness on the road

A top Manitoba aboriginal leader is hopping on a motorcycle and heading across the Prairies to raise awareness of treaty rights.

Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs is joining other First Nations leaders and supporters for the Treaty Freedom Caravan and Ride.

The group will spend 10 days trekking across six treaty territories in Manitoba, Saskatchewan and Alberta, using motorcycles and support vehicles.

The group started their venture Thursday by holding a pipe ceremony at Lower Fort Garry in Winnipeg, near



Grand Chief Derek Nepinak
METRO

the site of where Treaty One was signed in the 1870s.

Nepinak says in a release that First Nations people need to be reminded of the freedom that treaties hold for them. **THE CANADIAN PRESS**



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Winnipeg police are holding their annual Unclaimed Goods Auction this Sunday at Associated Auto Auction in Headingley from 9 a.m. to noon.

Here are the top five weirdest items Metro found from a list of the hundreds of seized items on the block this year.

SHANE GIBSON
shane.gibson@metronews.ca

1



Inmate entertainment

Various comics, mostly Star Trek. Boldly go where no criminal has gone before with this collection of comic books. We're guessing the former owner got caught stealing pocket protectors.

Soup anyone?

"Hot Soup To Go" neon sign. We assume the criminal mastermind got caught selling stolen minestrone when someone noticed the sign advertising his "hot" soup.

2



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Mayor: Mistakes made in golf ad campaign

The \$70,000 answer.
Sam Katz insists all the evidence concerning spending is on the table

There are no plans to provide any more details on the controversial \$70,000 "Responsible Winnipeg" golf ad campaign, Mayor Sam Katz said on Wednesday.

The mayor's powerful executive policy committee voted to receive as information a motion by councillors Paula Havixbeck (Charleswood-Tuxedo) and Harvey Smith (Daniel McIntyre), to provide a "detailed accounting" of what the money went to. This effectively put the motion on the shelf.

"I think they (questions) were all answered, all of the

Staying on the green

"I don't think you can give out any more information than exists. It's all out there."

Mayor Sam Katz, responding to questions surrounding funding details over the controversial Responsible Winnipeg ads.

numbers are there, all of

the facts are there, as you know, it came in about 22-23 per cent less than the number that was reported earlier," said Katz following the meeting.

Katz said mistakes were made, adding that for any future campaigns, they will "dot all of the i's and cross all of the t's."

David Sanders, a former reporter who has been following the golf-courses file closely over

several weeks, spoke in support of Havixbeck's motion at the EPC meeting.

He said he wanted to see the motion expanded to include "copies of all civic documents, including emails, requests for proposal, budget approvals, purchase orders and suggested texts and date relating to the creation and implementation" of the ad campaign.

"If we can find out exactly how this happened, we may better understand how to ensure that it doesn't happen again," said Sanders.

"We are told that the city is going to launch a much more informative, consultative, par-

ticipative and effective budget process in the very near future. I applaud that objective, but right now I don't have much confidence in the city's financial leadership."

Sanders said he'd also like to see a report on the number of email responses sent by citizens using the first version of the site, which allowed the user to send a form email, with a pre-written message, to each ward councillor.

Havixbeck and Smith put forward their motion at last Wednesday's city council meeting, where it was automatically referred to EPC.

BERNICE PONTANILLA/METRO



Mayor Sam Katz responds to questions concerning the "Responsible Winnipeg" ad campaign on Wednesday. BERNICE PONTANILLA/METRO

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- Darren Wildwood Park



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- Sarina Sage Creek



I SOLD!
I SAVED \$15,400*
"Provided with all the tools we needed."
- Rick River Park South

Grants. Community centres get financial boost

Over a dozen Winnipeg community centres received a financial shot in the arm Thursday as the city announced over \$392,000 in funding earmarked for renovations and repairs.

The money comes as part of a third round of grants to applicants for the Community Centre Renovation Grant Program, which was green-lit by council last February.

"We want to give our busy volunteers the time to concentrate on providing quality programming," said Mayor Sam Katz in a release. "Having access to these renovation

grants has made it much easier for them to tackle necessary upgrades, such as washrooms, lighting and flooring."

The grant program has an intake in the spring and fall of each year, and in 2013 the city plans to shell out a total of \$803,000 to grant recipients.

The money is intended to be used on any repairs, upgrades, retrofits or safety improvements the centres may need, and applicants are eligible for 100 per cent of the cost of a project up to a maximum of \$50,000 per project per calendar year.

JOHN TOWNS/METRO

East Kildonan

Man arrested in pot grow-op raid

A 46-year-old man faces a number of charges after a police raid Tuesday night at a marijuana grow operation in the 700 block of McLeod Avenue in East Kildonan.

On June 4 at approximately 8:15 p.m., members of the Winnipeg Police Service grow-op and tactical units executed a raid at the property, where they

observed the suspect fleeing the house.

The man didn't make it past the rear yard, and was arrested and charged with production of a controlled substance, possession with the purpose of trafficking and with stealing power for the grow-op.

Four hundred and fifty-nine marijuana plants were seized, with an estimated street value of \$514,000.

The suspect was eventually released on a Promise to Appear. JOHN TOWNS/METRO

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Miss World pageant covers up



A Muslim woman wearing a veil sits in front of foreign tourists wearing bikinis on Kuta beach in Bali. Controversy over the pageant has been mounting in Indonesia, which has a reputation as a tolerant, pluralist society. GETTY IMAGES

Indonesia. Pageant contestants will have to opt for more conservative sarongs instead of bikinis

Miss World has axed the famed bikinis from this year's pageant in Indonesia, replacing the skimpy swimsuits with conservative beach sarongs amid mounting protests from hard-line Muslim groups, organizers said Thursday.

All of the more than 130 contestants will be required to wear Bali's traditional long sarongs instead of the sexy bikinis that are historically part of the competition, said Adjie S. Soeratmadjie of the RCTI,

the official broadcaster and local organizer.

Parts of the pageant will take place on the resort island of Bali and the final round will be held Sept. 28 near the capital, Jakarta. Indonesia is the world's most populous Muslim country.

"There will be no bikini in this year's Miss World pageant to respect our traditional customs and values," Soeratmadjie said, adding that the London-based Miss World Organization is on board with the decision.

"This is a sensitive issue in Indonesia. We have discussed it since last year and they have agreed," he said.

The chairwoman of the Miss World Organization, Julia Morley, confirmed that none of the 137 contestants would wear a bikini.

"Indonesia is designing for us a very beautiful one-piece beachwear, and I'm very happy with them," she told The Associated Press by phone from London, adding that the pageant will include a special beachwear fashion show.

"I don't think Indonesia is the only country that has that culture," Morley said. "But we like to work in the manner respectful to every country, and I cannot see why when you go to somebody's country you should not behave respectfully."

The pageant began in the 1950s, and the first winner was crowned in a two-piece bathing suit.

Soeratmadjie said the sarong would be made creatively and designed specifically for the event. THE ASSOCIATED PRESS

Health minister tables bill to tighten rules on injection sites

The federal government has introduced tough new rules for supervised drug-injection sites, in a move some see as an effort to deter such facilities.

The government says it's a response to a Supreme Court of Canada ruling that ordered the Conservatives to keep a Vancouver clinic open against their will.

But NDP health critic Libby Davies said the government is effectively blocking any chance of setting up a new clinic.

The new legislation would require advocates of new clinics to meet two dozen specific criteria before they can apply to open a new clinic. Among other things, they would have to canvass

community opinion and gain the support of provincial and municipal authorities.

The health minister would then make the final decision.

As Health Minister Leona Aglukkaq tabled her bill on Thursday, she made it clear which way she will lean.

"Our government believes that a site involving the use

of illicit substances should be strictly controlled to protect everyone in the community," she told reporters.

"Accordingly, we believe that the application process needs to be changed to create formal opportunities for local voices to be heard and their views considered before an exemption would be considered." THE CANADIAN PRESS



Leona Aglukkaq, minister of health, has proposed new rules for supervised drug-injection clinics. SEAN KILPATRICK/THE CANADIAN PRESS

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Euthanasia

Bill could make assisted suicide legal in Quebec

Quebec's government is days from addressing a bill that would make it the first province to legalize doctor-assisted suicide for the terminally ill.

The idea that the most gravely ill have a right to end their lives has drawn support

from all parties in Quebec's National Assembly. It would appear almost certain to become law in the coming months.

A spokesperson for Social Services Minister Véronique Hivon said legislation would be introduced before lawmakers' break next week.

News reports Thursday said the proposed legislation would follow closely the proposals contained in a report that was released publicly in January. **TORSTAR NEWS SERVICE**

Human trafficking trial

Defence lawyer questions nanny's claims of oppressive work conditions

The defence lawyer for a couple facing human trafficking charges related to their nanny is picking apart her story to suggest she didn't face the sort of oppressive servitude that she claims.

Ling Nicole Huen and

Franco Yiu Kwan Orr are on trial before a jury on charges of organizing illegal entry into Canada and organizing the illegal employment of a foreign national.

Leticia Sarmiento has testified she was forced to work long hours with no days off, forbidden from leaving the family's Vancouver-area homes, only allowed one phone call to her family each month, and had her passport taken from her by the family.

THE CANADIAN PRESS

In pictures



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1 From Russia without love.

1 Putin, wife calling it quits

After nearly 30 years, Vladimir Putin and his wife Lyudmila announced Thursday they're divorcing. **THE ASSOCIATED PRESS**

2 Michael Jackson. Judge may unseal molestation claims

A judge said he may unseal a man's court filings that allege he was abused by Michael Jackson. **THE CANADIAN PRESS**

3 Philadelphia. The search goes on

A search of a collapse that killed six would continue through Thursday afternoon. **THE ASSOCIATED PRESS**

4 Israel. Crackdown after racy pic

Israeli military said Thursday it will issue new restrictions on social media after racy pictures of female soldiers surfaced on Facebook. **TORSTAR NEWS SERVICE**

5 Stalled talks. Foreign service officers target PM's Europe trip

Foreign service officers are targeting Stephen Harper's Europe trip to rejuvenate contract talks. About 400 union members walked off the job Thursday. **THE CANADIAN PRESS**

No beef with beef. E. coli outbreak hasn't shaken consumer confidence

Canadian cattle producers say an E. coli outbreak that made 18 people sick and led to an extensive beef recall last fall hasn't managed to shake consumer confidence in beef.

Canada Beef Inc. — the industry's marketing arm — said Canadians' total beef consumption last year was up 2.2 per cent from 2011.

Chairman Chuck MacLean said the industry supports the findings of an independent review that blamed lax attitudes by federal inspectors and staff at the XL Foods plant in Brooks, Alta., for the tainted meat.

Canada Beef said it also supports Ottawa's plan to tighten the rules for meat plants and add more inspections.

"I like the 30 recommendations and I think a lot of them are already being enacted," MacLean said Thursday from his cattle feedlot

business in Bow Island in southeastern Alberta.

"Going forward you learn from whatever missteps that we have had in the industry. Hopefully we will fix that and do a better job."

MacLean said consumers can help reduce the risk of contracting E. coli by properly handling and cooking beef.

The industry is also lobby Health Canada for permission to use irradiation on beef products to kill E. coli.

MacLean said the food-safety system can't be made perfect, but proper safeguards can help catch and detect glitches before they have a chance to become a serious problem.

"We are putting safeguards in place so that hopefully if somebody is just having a bad day, that it doesn't get past them," MacLean said.

THE CANADIAN PRESS

Activist killed during fight with skinheads

France. Four suspects with alleged ties to extreme-right movements arrested

A group of skinheads beat a French far-left activist to death in the heart of Paris' shopping district, officials said Thursday, in an attack that raised fears of increased far-right violence.

Political tensions are high in France after months of protests against legalizing gay marriage that sometimes ended with troublemakers from the extreme right clashing with police.

Interior Minister Manuel Valls said a fight broke out Wednesday evening between two groups of young people in a pedestrian street just steps away from the famous Printemps department store. The activist, Clement Meric, was initially hospitalized in grave

Left, right reactions

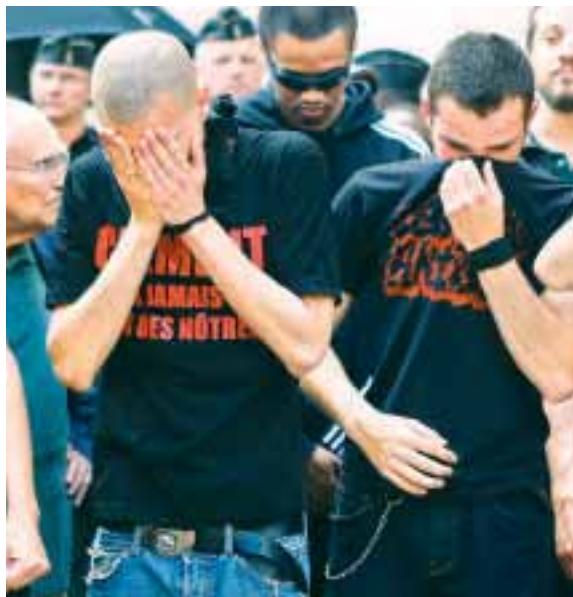
Politicians from left and right lashed out at the violence.

- "There is no place for small neo-Nazi groups whose enemy is the nation," Interior Minister Manuel Valls said.
- Marine Le Pen, the leader of the far-right National Front party, tried to distance herself, saying they shouldn't be lumped together.

condition, then died Thursday, said Agnes Thibault-Lecuire, spokeswoman for the Paris prosecutor's office.

Four suspects, aged 20 to 37 and believed to have links to extreme-right movements, were arrested, Thibault-Lecuire said.

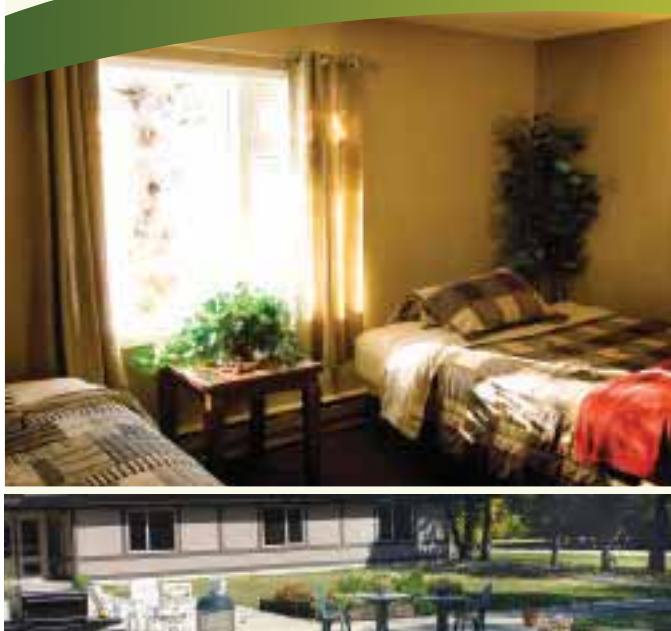
THE ASSOCIATED PRESS



French far-left activists cry as they gather around the place where Clement Meric, 19, was beaten Thursday. A group of skinheads attacked the activist in the heart of Paris' shopping district. JACQUES BRINON/THE ASSOCIATED PRESS



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Pope weighs in on food waste



Are you gonna eat that? A woman carries sandwiches and cakes during a garden party Queen Elizabeth hosted on Thursday at Buckingham Palace in London, England. ANTHONY DEVLIN-WPA POOL/GETTY IMAGES

Study. UN food agency research finds that one-third of food produced in the world is lost or wasted

KIERON MONKS
Metro World News

Pope Francis added his voice to the growing campaign against food waste on World Environment Day, attacking a “culture of waste” that is “stealing from the table of those who are poor and hungry.”

Awareness around the campaign has grown rapidly, with the European Parliament recently adopting a resolution to halve food waste in member states by 2025. There have already been successes, such as household waste in the U.K. dropping eight per cent over two years.

Activists welcomed the Pope’s remarks.

“It is important, and what



Pope Francis
GETTY IMAGES FILE

he said was right,” said Tristram Stuart, founder of activist group Feeding the 5000, part of the EU FUSIONS initiative (Food Use of Social Innovation by Optimising Waste Prevention Strategies). “Wasting imported food means the locals in food-insecure areas cannot buy it, so it is taken off their table.”

But the focus should be more on the suppliers, Stuart claimed. “Retailers shouldn’t deflect attention to the consumer, most food waste is in the supply chain. But con-

sumers have the responsibility to ensure the businesses we buy from every day are held to account.”

One strategy is to audit the supply and release comprehensive figures on waste, with several European parliaments considering such a proposal. Stuart is optimistic that agreements can be reached.

“Compared to other campaigns like climate change, food waste is something that strikes people as instinctively wrong, from a taxi driver in Delhi to a CEO in New York, and there are relatively simple solutions.”

International supermarkets have been slow to commit to waste cutting proposals, but Charlie Clutterbuck of the U.K. Food Ethics Council recommends people can influence them by buying closer to home.

“Localism is a solution,” he told Metro. “If there is a network to link local initiatives it will stop food prices rising, make us less dependent and change the supply model.”

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Today Show. Wrist slasher says America's IRS ruined his life

A 76-year-old man yelling that the government was going to take his house slit his wrists outside NBC's Today Show Thursday morning before he was taken into police custody as an emotionally disturbed person, police said.

The man, Pak Chong-Mar, was in the crowd outside the Today studio at Rockefeller Plaza in New York and was yelling about how the U.S. Internal Revenue Service was corrupt and ruined his life, authorities said. He took out a knife and sliced at his wrists, police said.

Today Show host Matt Lauer tweeted: "Sorry, a man attempted to harm himself with a knife." Lauer also explained the situation to viewers.

Police and plaza security guards quickly subdued him and took him into custody, authorities and witnesses said. Some bystanders in the crowd were treated for exposure to blood.

Police took the man to a hospital where his mental health was being evaluated. His injuries were not life threatening. The man's last known address was in Queens.

THE ASSOCIATED PRESS

Not seen on TV

"I saw him take slice after slice. I saw the blood gushing."

Witness Kellie Ostransky told The New York Post.

Ostransky, who lives near Phoenix, was in New York to celebrate her birthday with her twin sister.

Mexico

Major rescue of kidnapped migrants

Mexican soldiers have rescued 165 people kidnapped by a drug cartel and held for as long as three weeks in a home alongside the U.S. border.

National security spokesman Eduardo Sanchez says 150 victims

were U.S.-bound migrants from Central America. Fourteen were Mexicans and one was from India. He said Thursday that a 20-year-old man found guarding the house was detained.

The rescue occurred on Tuesday in Gustavo Diaz Ordaz, a town across the border from McAllen, Texas. The Zetas cartel is behind most abduction of migrants.

THE ASSOCIATED PRESS

Verizon handing over call details to gov't



A man talks on his phone outside the Washington courthouse where an order was granted allowing collection of Verizon customer records. THE ASSOCIATED PRESS

Protecting America.

Order from the U.S. National Security Agency requires details of customer calls be turned over

Not their fault

The firm says in a memo to employees that while "Verizon continually takes steps to safeguard its customers' privacy," (but) it must hand over information when ordered by a court.

Americans were outraged Thursday that the biggest wireless carrier in the United States, Verizon, is providing the feds with logs of customer phone calls, but politicians brushed off their concerns by pointing out the practice has been in place for seven years and is aimed at nabbing terrorists.

"I'm a Verizon customer; I don't mind Verizon turning over records to the government," said Lindsey Graham, a Republican senator harshly critical of the Obama administration's surveillance of reporters' phone calls and emails. In

a court order obtained by the British Guardian newspaper, the National Security Agency requires Verizon to turn over "originating and terminating" telephone numbers as well as the location, time and duration of calls. It also demands that the order be kept secret.

Former vice-president Al Gore called it "obscenely outrageous." THE CANADIAN PRESS

'Beyond Orwellian'

U.S. Civil libertarians outraged

An official with the American Civil Liberties Union called the order "beyond Orwellian." And Jameel

Jaffer the ACLU's deputy legal director added that "it provides further evidence of the extent to which basic democratic rights are being surrendered in secret to the demands of unaccountable intelligence agencies." The practice has been in place since 2006. THE CANADIAN PRESS

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Scenic. Riders complain after nude revellers greet tourist train in Colorado

Passengers on a recent run of a popular historic railroad in southwest Colorado got a bit more scenery than they paid for. More than a dozen revellers partying on a nearby beach doffed their clothes to greet the train.

Their antics on the May 25 run of the Durango & Silverton Narrow Gauge Railroad drew warnings, but no charges, from police in Durango.

A photograph taken by James Slavin, a Phoenix tourist on the train, shows

Restraint pays off

Jack Llewellyn, executive director of the Durango Chamber of Commerce, urged residents to be considerate to tourists, who are critical to the city's economy.

beer-holding — and nude — men and women whooping as the train pulls in.

THE ASSOCIATED PRESS

British Columbia

Farmers caught in unpasteurized milk sale

Two Chilliwack dairy farmers have been handed three-month suspended sentences for selling contraband cow's milk disguised as cosmetics.

Michael Schmidt and Gordon Watson have been sentenced in B.C. to one year of probation for civil contempt, and will end up behind bars if they breach a court order again that bans them from selling the outlawed libation during that period. The men package unpasteurized milk from a co-op. THE CANADIAN PRESS

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U.S. doctor saves a life — a helpless baby moose



Karen Sciascia holds a rescued moose. FOUR RIVERS FISHING CO./THE ASSOCIATED PRESS

Southwest Montana.

On a fishing trip near Missoula, she and a guide saw a baby moose caught in the current

A Pennsylvania doctor on a guided fishing trip in southwestern Montana went home with an amazing tale of hauling in a 25-pound lunker — a baby moose she helped rescue from rushing waters.

Karen Sciascia of Red Hill, Pa., and a guide were fishing

Big Hole River

"We got up alongside it, and I just grabbed the little bugger."

Dr. Karen Sciascia of Red Hill, Pa. She and a guide were fishing the Big Hole River Sat. when they saved a baby moose.

the Big Hole River on Saturday when they spotted a cow moose with a calf trying to cross the river.

"We were watching this adult female struggling back and forth, and we didn't see a baby until we got close," Sciascia told the Missoulian Thursday. "Mom kept pushing — the current was pretty swift. The mother bolted and took off across the river. She was trying to get across the main portion of the channel, and even she struggled."

When the calf stepped off the gravel bar into the water to follow its mother, it was swept downstream.

"It was small, and the river was swift," Sciascia said. "It was too small to ever fight the current."

Sciascia and guide Seth McLean followed downriver, finally spotting the tiny moose's nose just above the water.

They rescued the baby.

THE ASSOCIATED PRESS

Canadian seeks record for wine label collection

Guinness attempt.

Toronto man has more than 160,000 labels — although he didn't drink all that vino

It would take more than four consecutive days to view every item in what just might be the world's largest wine-label collection.

Toronto resident and former sommelier Alain Laliberte owns about 160,000 wine labels, carefully stored in 123 shoeboxes. He has contacted Guinness World Records because he is confident he has enough to break the current high of 16,349 labels.

Of course, he hasn't managed to taste the contents of all 160,000 bottles. But with an

Quoted



"It's interesting that some people find an interest in these small pieces of paper. Some of them are pieces of art."

— Wine-label collector Alain Laliberte

average of 5,000 wines sampled per year, he's not that far off.

Laliberte's hobby led last weekend to him becoming the jury president at a wine-labels championship, organized as part of the International Wine Championship in Quebec City.

THE CANADIAN PRESS

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Strawberry fields under the weather

At least 40 per cent of Nova Scotia's strawberry industry, a sector worth about \$18 million annually, has been damaged by an insect-borne virus, provincial Agriculture Minister John MacDonell said Thursday. The virus is carried by aphids and has been detected in the Debert area, near Truro, as well as the Annapolis Valley. But MacDonell said he wasn't worried about the possibility of the virus spreading much further because of the relatively short distances aphids travel. The affected plants aren't harmful to eat but they are often stunted and can't be sold, and berries may disappear from the plants. THE ASSOCIATED PRESS FILE

Bank of Canada

Poloz looks to keep interest rates low

New Bank of Canada governor Stephen Poloz is signalling there will be no shift from the current low interest rate policy under his leadership, at least in the short term, despite fears it is creating imbalances in the economy. THE CANADIAN PRESS

Market Minute

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Natural gas: \$3.85 US (-15¢)
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Confectionary cartel? Charges laid in chocolate price-fixing case

The accused in a chocolate price-fixing case could face a bitter fate if convicted — millions of dollars in fines for the companies and potential jail time for the individuals.

Canada's Competition Bureau said Thursday it is laying criminal charges against Nestle Canada Inc., Mars Canada Inc. and ITWAL Ltd., a network of independent wholesale distributors.

Also charged are former Nestle Canada president Robert Leonidas; Sandra Martinez, former president of confectionery for Nestle Canada; and David Glenn Stevens, president and chief executive of ITWAL.



A shopper walks past a display of Mars bars. Mars is one of the firms charged Thursday by Canada's Competition Bureau. GETTY IMAGES FILE

Midnight munchies. McDonald's offers breakfast for night owls

McDonald's is taking a small step toward offering breakfast items outside of its usual breakfast hours — at least if you're a night owl.

Starting this month, the fast-food chain says participating 24-hour restaurants in select U.S. locations will offer an After Midnight menu that includes its Egg McMuffin, Big Mac and Chicken McNuggets.

Customers will be able to create Midnight Value Meals, with either fries or hash browns as their side items, McDonald's says.

A mockup of the menu provided by the company showed

an Egg McMuffin paired with French fries, next to the heading, "Dinner or Breakfast? Yes."

The rollout of the menu, which is available from midnight to 4 a.m., builds on a Breakfast After Midnight menu the company has been testing.

McDonald's CEO Don Thompson had said in a CNBC interview earlier this year that the company was open to expanding its breakfast hours. Fans of McDonald's breakfast have long wanted the chain to make its Egg McMuffins and biscuits available later in the day. THE ASSOCIATED PRESS

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FEMALE VIAGRA HARD TO SWALLOW

1 Sexy specs. Google Glass users were briefly treated to some mobile porn before the Internet giant's moral police yanked it out from under them. The perfectly respectable app, entitled T'sts and Glass, allowed users to share unfiltered content, and they stopped it. Kudos to Google for taking a stand and saying, "Hey, you can watch porn on your desktops, laptops and smartphones all you want, just not while you're crossing the street, dammit!"

2 Calling occupants. NASA Prof. Joel Levine is looking for \$650 million to finance an aerial regional-scale environmental survey. Basically, a robotic, rocket-powered airplane to fly around Mars searching for trace gases that prove there is life on the planet. We have no information on how much the Martians spent probing Earth for humans with trace gases.

3 Badass Biebs. Justin Bieber is smoking weed, getting inked, hanging with gangsta rappers, and wearing white undershirts with gold chains. He's taken to fast cars and has even added a lazy little ghetto-strut to his walk. I am just waiting for his



THE METRO LIST
Mike Benhaim

metronews.ca

first teardrop tattoo so I can actually start listening to his music.

4 Subcellular. A recent study revealed that even though Google's Android phones captured a majority of the U.S. smartphone market share, the average iPhone user spends more than 50 per cent more time actually using their device than Android users. The reason? Porn.

5 Forever young. Researchers in Australia performed a study of sun damage among 900 people. Some applied sunscreen on a daily basis, while others used it only when they felt exposed. After four years, those using sunscreen religiously had 24 per cent less skin aging than the others. They were also extremely pale, completely broke, and more prone to having objects slip from their greasy hands.

6 For the ladies. A Dutch company called Emotional Brain is performing clinical trials of a new drug, Lybribo. The female Viagra is said to treat hypoactive sexual desire disorder. HSDD is a lack of sexual desire affecting many women. If the research proves successful, scientists will immediately begin

work on another pill that will make women care enough to take the first one.

7 Double dribble. Former NBA all-stars Jason Kidd and Grant Hill were drafted one after the other in 1994, shared Rookie of the Year honours in 1995, and at 40, were among the five oldest players in the league this year. This week, two days after Grant Hill retired, Jason Kidd announced he would do the same. Sources close to Hill say he is looking for a new home as far away from Kidd as possible.

8 This week. In 1969, Keith Richards and partner Anita Pallenberg were in a car accident near their home in Sussex. While the car was written off and Pallenberg suffered a broken collarbone, Richards escaped serious injury, proving once again that Keith cannot be killed.

9 Also this week. In 1997, Oasis guitarist Noel Gallagher played a five-song set at the Tibet Freedom Concert. He then walked off stage, got drunk and punched out a fan. I'm kidding. That was not the night he punched out a fan.

10 Happy anniversary. To my wife of several years, thanks for putting up with me.

Follow The Metro List on Twitter @TheMetroList



ZOOM

Spooky seal of approval



KYLE MCBURNIE

Shot wins in underwater contest

This eerie image of a harbour seal (*phoca vitulina*) in a kelp forest has won University of Miami's underwater photography contest. Kyle

McBurnie's photo at Cortes Bank, a seamount 100 kilometres west of California, beat more than 650 entries to win the annual contest hosted by the university's Rosenstiel School of Marine and Atmospheric Science. METRO

Q and A

Know your subject



KYLE MCBURNIE
Founder, scuba instructor at SD Expeditions

What tips would you give an underwater photographer?
A great shot requires a keen understanding of animals' behaviour. METRO



@metropicks asked: Giving employees sick days is becoming obsolete. What's the best way to use your sick day?

@RaiderRoddy: when you are actually sick !!!

@mcpelto: watching Ferris Bueller's Day Off

@HfxHeathen: Oh, good. Take away my 3 unpaid sick days a year. Productivity soars when there's sneezing in the next cubicle.

@FrenchmanCanada: Getting better, isn't that the point?

@jarmak77: It's best not to use a sick day since most places I worked discipline you for using them.

@hoodPALS: Visit tanning salon for deep tan, get new wardrobe, and visit the amusement park and post photos on Facebook.

@LegendaryAres: Sometimes, you just need a day off. What's wrong with making them use up a sick day to get it? Sounds fair to me.

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Synopsis

This new buddy comedy pairs Owen Wilson and Vince Vaughn for the first time since 2005's *Wedding Crashers*. They are Nick and Billy, two wild and crazy guys whose sales jobs are made obsolete in the technological age. Unable to get a foothold in the new media field they crash Google's Mountain View, Calif. headquarters and become "noogles" in hopes of landing gigs as interns, despite having no experience with computers. "We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Nick.

• Richard: •••••

• Mark: •••••

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Owen Wilson and Vince Vaughn star in *The Internship*. HANDOUT

2
SCENE

Searching for laughs

The Internship.

Owen Wilson and Vince Vaughn fail to rekindle that *Wedding Crashers* magic in this poor man's version of *Revenge of the Nerds*

Richard: Mark, this is the funniest infomercial I've ever seen. As a comedy movie it doesn't rate that high, but as an advertisement for Google it's a knee slapper. I've seen product placement in movies before, but this is something else. By the time Rose Byrnes' character says, "I believe what we do here makes people's lives better," I was ready to worship at the

Church of the Sacred Search Engine. We also learn that Google is ranked as the best place to work in America. That's all great, but I was hoping for more laughs with my infomercial. What did you think?

Mark: Ugh! The shameless corporate tie-in made me want to take a shower. And it opens up the door for less savoury companies to do the same thing: can Monsanto: The Movie be far behind? It's too bad, because the leads are great, and it's a great premise — but I didn't laugh once. It could have been a version of *Animal House* set at a business behemoth, but comes off as a bad *Revenge of the Nerds*. The idea would make a

great reality series, but the movie flops and feels engineered from the first frame onwards.

RC: I'm not so sure I thought the leads were great. There are some laughs in *The Internship*. Unfortunately, very few of them are generated by Vaughn and Wilson. The chemistry that made *Wedding Crashers* such a big hit eight years ago is still in place, but the material isn't. They still banter a blue streak but it feels tired and old, like many of the jokes. The two luddites at a tech mecca should have been workable, but it often feels like laughing at grandpa because he can't figure out how to work the remote.

MB: I meant the leads are great, but not in this movie! Everything seems laboured, underscored, and over directed. These two guys may preach the value of eccentricity in the workplace, but the script defies their goal at every turn. It's a very conventional movie that's even a little smarmy at times. The old Vince Vaughn would have made fun of the sentimentality that crowds any good moments out of the picture. And Wilson's role is just too vaporous to register.

RC: Perhaps next time the screenwriters can Google some better jokes.

MB: I say Yahoo! to that.

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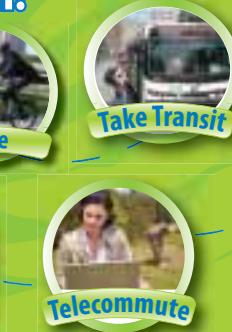
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Much ado about comics and TV

Beauty in the Bard.

Much Ado About Nothing director Joss Whedon has looked to Shakespeare for most of his work

Some might find it strange that Joss Whedon's first movie since The Avengers — his 2012 megahit about a team of Marvel Comics superheroes — is an independent adaptation of Shakespeare's Much Ado About Nothing. But it makes perfect sense to him. The man who created TV hits like Buffy the Vampire Slayer and its spinoff Angel

says his dramas all have a bit of the Bard in them.

"When you're working in Marvel Comics — whether it's comics or the cinematic universe — you're cribbing from Shakespeare," Whedon said in a recent interview.

"The big themes, the big emotions, its kings, and betrayal and love and tragedy and that good stuff, and even in the way I write, any time you get to write about an Asgardian, there's going to be a touch of the Elizabethan in there."

While Much Ado debuts in theatres next Friday, Whedon's focus is already on Avengers 2 — due out in 2015 — and his upcoming Marvel-based TV series Agents of S.H.I.E.L.D., which premieres

Quoted

"When you're working in Marvel Comics — whether it's comics or the cinematic universe — you're cribbing from Shakespeare."

Joss Whedon

on ABC this fall. Whedon acknowledges he does feel "pressure" to follow up on the success of The Avengers — the third highest-grossing film ever.

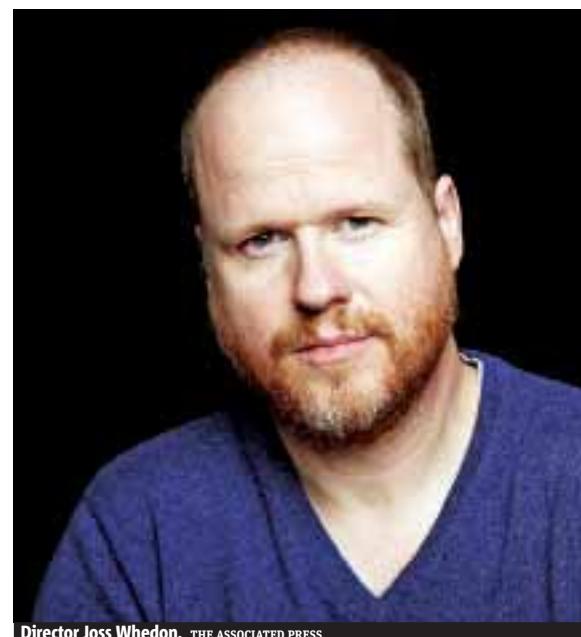
The comic book enthusiast says The Avengers seems perfectly normal to him — a world where Thor, Iron Man and Captain America "hang out" — and he was able to readily convey that to a wider audience.

"This is how the world

meant to be. These guys are going to hang out and save the world and then they're going to get really mad at each other."

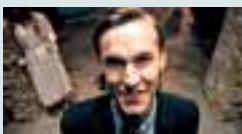
Whedon says — like with Shakespeare — the comic book language is "so familiar" to him that he's not scrambling to figure "this superhero thing out. We were only scrambling to make sure other people know what we already know."

THE ASSOCIATED PRESS



Director Joss Whedon. THE ASSOCIATED PRESS

Thriller



The Purge

Director. James DeMonaco

Stars. Ethan Hawke, Lena Headey

• • • •

To call The Purge cooked-up is an injustice to baked goods. A dystopian futuristic thriller about a family enduring an annual 12-hour government-backed event whereby crimes of any sort are legal (somehow this curbs violence the other 364 days of the calendar?) is as contrived and callous as cinema gets. If the filmmaker's aim was to create a moral allegory akin to A Clockwork Orange, he didn't even come within an eyelash.

STEVE GOW

Drama



The Lesser Blessed

Director. Anita Doron

Stars. Joel Evans, Benjamin Bratt, Kiowa Gordon

• • • •

In Anita Doron's The Lesser Blessed, the life of a First Nations teenager living in the Northwest Territories is drastically changed when he's befriended by the new boy at school. Larry Sole (Joel Evans) stops being an outsider the day Johnny Beck (Kiowa Gordon) takes him under his wing, but even he can't seem to protect Larry from his past. Though it serves a heavy dose of adolescent drama, Doron's feature lends a voice to First Nations characters we don't normally see on screen.

MANORI RAVINDRAN

Documentary



Fight Like Soldiers, Die Like Children

Director. Patrick Reed

• • • •

Nearly 20 years after witnessing the Rwandan genocide, General Roméo Dallaire is fighting a desperate—and some say impossible—war against the use of child soldiers. The documentary follows Dallaire through Rwanda and the DR Congo as he works to free child soldiers and promote peace. Though very interesting, the doc doesn't delve deeply enough into any of its subjects (Dallaire, the experiences of child soldiers, efforts to combat their use, etc). A tighter focus would make the film all the more powerful.

REGAN REID



There's not much 'Buzz' in space: Aldrin

While astronaut Buzz Aldrin enjoys movies about space, he doesn't always think they get it right. His main point of contention after seeing After Earth: "There was a lot of noise. In space, you don't get that much noise." Aldrin, who followed Neil Armstrong onto the surface of the moon during the historic Apollo 11 landing in 1969, says that "noise doesn't propagate in a vacuum. We talked over headsets." Aldrin enjoyed the father-son dynamic between Will Smith and son Jaden, but thought there was a little too much "shoot'em-up" for his taste. "I hope the aliens are more peaceful than they are in this film, wherever they are," Aldrin joked.

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It's the end of the world as (Seth and Evan) know it ...

This is the End.

Superbad writers talk the apocalypse, comedy and condoms

LIZ
BROWN
liz.brown@metronews.ca

The kings of the buddy comedy are back with a film of apocalyptic proportions. Seth Rogen and Evan Goldberg have been friends since childhood and writing partners since high school, where they first penned Superbad.

Their new collaboration, This is the End, features an ensemble cast of some of their favourite past co-conspirators. Rogen, Jay Baruchel, James Franco, Jonah Hill, Danny McBride and Craig Robinson (all playing themselves) hunker down in Franco's house during the end of the world. A veritable list of Hollywood's who's who round out the cast with bit parts: Michael Cera, Rihanna, Channing Tatum, Paul Rudd, Jason Segel and more have a role to play in the rapture.

Recently Metro caught up with the Vancouver-bred pals in Toronto over (fittingly) a bottle of Molson Canadian.

This idea was spawned from a short you wrote in 2007 called Jay & Seth vs. The Apocalypse. How did it turn into a full-length movie?

Seth: It took us a really long time to think of a way to expand it, honestly. We just couldn't think of where it would go, so it really took us four years of just kicking around the idea to really even get what type of full length movie it could be.

Evan: And then we had the people-play-themselves idea separate, and until we combined them, it didn't seem like the apocalypse thing was a full idea to us.

Seth: And then around three and a half years ago, we realized we could combine them. There's a lot of self-



Seth Rogen talks about the end of the world over a beer. LIZ BEDDALL/METRO

deprecation in the movie. Was it hard to get the actors to poke fun at themselves?

Evan: The studios were kind of frightened by the concept of actors playing themselves.

Seth: The actors were really into it. I don't think anyone said no based on content. We were going out to these actors to see if they would play themselves so they were overwhelmingly psyched about it, so it was nice to see that some people thought it was a good idea.

Michael Cera was wild, with the cocaine and sex...

Seth: He was so crazy, it kind of raised the bar for everyone. There was a lot of peer pressure involved in making this movie. It was like well Michael did THAT so you don't want to be the guy who says no to doing something.

Evan: It wasn't like when an actor finished their bit they went back to their trailer. They stayed with all the other actors because everyone was excited.

It's the end of the world, you can only have three survival items. What are they?

Evan: Three of these four: water, food, guns, condoms.

Seth: The thing about guns is they can help you acquire any other items you may need...

Evan: But you don't want venereal disease.



Evan Goldberg hopes his last moment on earth involves a laugh. LIZ BEDDALL/METRO

Seth: With a gun, you can get condoms.

Evan: True.

Wouldn't condoms depend on who you were with?

Evan: Condoms are just always a good idea.

Seth: You can fill them with water and play with them.

Final question. What would be the last thing you guys would say to each other?

Seth: You are nothing without me.

Evan: Hahaha

Seth: The laugh is probably what would actually happen.

Evan: I hope my last moment is just hahaha.

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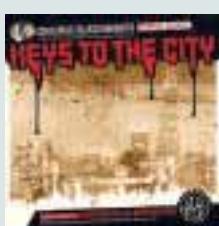
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3 songs for the weekend

This week's selection is brought to you by the letter M — Ministry, Misstallica, Michael Jackson vs. Daft Punk



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Keys to the City/Ministry

Al Jourgenesen is a massive Blackhawks fan — so massive that he wrote the team's official anthem. They play this all the time at the United Centre.



Master of Puppets/ Misstallica

Tribute bands have their own subculture. Below that, though, are all-female bands paying tribute to all-male bands. Start with this and move on to Vag Halen and AC/DShe.



Billie Jean Get Lucky/Michael Jackson vs. Daft Punk

This mash-up by Israeli DJ Noyalosha works astonishingly well. Can we just go ahead and declare Get Lucky the song of the summer already?

Green explores Alexis breakup on new album

Interview. Former Alexisonfire frontman Dallas Green talks about his depression after leaving band he helped form

Two years ago, Little Hell granted City and Colour's Dallas Green his greatest success yet — platinum sales, his first chart-topping album and eventually, a Juno Award for songwriter of the year. So naturally, as he toured his most popular record yet, he was miserable.

That Green was blue had nothing to do with Little Hell, which he liked, but instead a heavy secret he'd been toting: the 32-year-old had already decided to depart the beloved post-hardcore band he'd helped to found more than a decade earlier, Alexisonfire, but news wouldn't reach the public until months later.



Dallas Green.
CHRIS YOUNG/THE CANADIAN PRESS

Hell tour, he "rekindled his relationship" with the rest of Alexisonfire and they announced plans for a farewell jaunt.

He decided to work quickly, wanting to figure out new songs before re-immersing himself in the Alexis headspace before their bittersweet victory lap. In Nashville and Toronto, he put together The Hurry and the Harm and had a "wonderful experience." After completing the Alexis tour, he was suddenly in a far more positive place than he had been in a long time.

"For the first time in eight or nine years, I didn't have anything to do," he said. "I had the record done ... and I finished and closed the book on the Alexis chapter. The first couple weeks of January are the first two weeks I've ever relaxed, like literally relaxed, in eight or nine years. And it was a really big moment. It was like a proverbial weight off my shoulders."

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Channing Tatum ALL PHOTOS GETTY IMAGES

Tatum worries about Bieber's development

Despite having a newborn daughter at home to concern himself with, Channing Tatum admits he's more worried about another young person: Justin Bieber. "I do believe that whatever age you become famous, you end up staying that

age," Tatum tells Vanity Fair. "I worry about Bieber, man. That kid's wildly talented. I hope he doesn't fall down into the usual ways of young kids because it's so hard for someone to be responsible when they're not asked to be."

Pop stars in space

This may or may not give Channing Tatum more reason to be concerned: Justin Bieber has booked a spot on a Virgin Galactic suborbital space flight, according to Virgin founder Richard Branson. "Great to hear Justin Bieber and (his manager) Scooter Braun are latest Virgin Galactic future astronauts. Congrats, see you up there," Branson posted to Twitter this week. Bieber seemed to confirm the news by re-tweeting the mogul's sentiments. Back in February, Bieber tweeted



that he wants to "do a concert in space," so perhaps this is more of a scouting trip than a vacation.

'I would watch it all the time,' Snooki says of a Bynes reality show

Former Jersey Shore star Nicole "Snooki" Polizzi thinks Amanda Bynes'

antics would best be showcased on a reality show. "I just think she's entertaining. And I think she needs a reality show because I would watch it all the time," Snooki tells E! News. "If she needed help, I would wish that she would get it, obviously, but she's entertaining. She's my guilty pleasure on Twitter."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Ethan Hawke

Ethan Hawke gushes over Cage's acting abilities

Ethan Hawke admits he's more than a little "obsessed" with fellow actor Nicolas Cage.

"He's the only actor since Marlon Brando that's actually done anything new with the art of acting," he said during a Q&A session on Reddit. "He's successfully taken us away from an obsession with

naturalism into a kind of presentation style of acting that I imagine was popular with the old troubadours. If I could erase his bottom half bad movies and only keep his top half movies, he would blow everyone out of the water." No word, though, on whether Hawke is going to let Cage influence his own acting style.

Twitter



@bobsaget

It's a new day: Full of promise and love. The only thing that can take away that great feeling is reading the news or speaking to people.



@lenadunham

It is my very unprofessional opinion that my favorite season, spring, has really taken the brunt of global warming



@LiamHemsworth

Kicking it off on Twitter for the first time. Glad to be on board. Thank you for following...



@ElizabethHurley

Just got drenched trying to set up a sprinkler in my rose garden.



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- 1 cup shredded mozzarella cheese
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This recipe serves eight or makes 16 hors d'oeuvres. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

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spread evenly.

2. Divide the tomato sauce among the breads, ensuring to

4. Bake the pizza for 12 minutes or until it is crisp and the cheese is melted. ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY ROSE REISMAN

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Tasty wrappers: Can we eat our way to a cleaner future?

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THERESA ALBERT
DHN, RNCP
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Who can forget the racket that a noisy biodegradable Sunchip bag made? Kudos to any manufacturer who cares enough to take an ecological step in the right direction.

Reducing waste and recycling is on the radar of every responsible eater and food manufacturer, no doubt, but the system just isn't perfect yet. What would be ideal is a zero waste, edible package. But will that ever be a reality?

Packaging expert Loong-Tak

Lim, an associate professor at the department of food science at the University of Guelph, says that we already have edible packaging, we just don't know it. Sausage casing, for instance, used to be made from the intestine of animals but now it is man made. His group has the "objective to utilize soy protein and waste from soy plants to produce edible films and coatings. We extracted cellulose microfibrils from the cellulosic waste from soy and use them as a filler to strengthen soy protein and alginate films. The idea is to use them as an edible packaging, for example as a primary packaging in sausage."

Seaweed itself, in the form of Nori, is also an edible wrapper of sorts. The original, most likely. The sugar coating and carnauba wax on M and M's are intended to have the same properties of containing a volatile substance with a stronger one. But that's kinda cheating, right? They aren't edible packaging in the sense that we think of — a vessel that carries

Eat EVERYTHING on your plate

Look to Taiwan for the most hopeful and inspiring idea.

Chen Liang-erh, an amateur inventor, created edible bowls from oats. They aren't meant to hold much for long, but work well for a street food meal.

food from serving to ingestion.

It's coming, Lim says. The hurdle is that edible products won't have the robust barrier properties needed to be shelf stable for long periods or throughout travel. They will necessarily have to be quickly used and consumed. They won't be able to hold the marketing and printing dyes like current packages can. Further, the manufacturer needs to meet strict applications of food grade materials and storage to

prevent mold and bacteria.

Look to Taiwan for the most hopeful and inspiring idea. Chen Liang-erh, an amateur inventor, created edible bowls from oats. They aren't meant to hold much for long but work well for a street food meal of noodles and then a little crispy cracker after-snack instead of trash. In Japan Nobuhiko Arikawa of Rice-Design has created beautiful restaurant quality edible tableware from traditional hard tack cracker dough. Both inspired ideas with legs.

We may see more of these kinds of edible packaging fairly quickly as it is already common to find cornstarch utensils instead of plastic. The biodegradable packages are quickly improving, but the futuristic image of a zero trash food world isn't likely to come soon. Not while labelling and marketing has such a hold over our store shelves anyway.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER.



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Valley View Bible Camp
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 Faith Bible Camp
 Camp Nutimik
 Manitoba Pioneer Camp
 Winkler Bible Camp
 Circle Square Ranch
 Eagle Bay

If you are 6-17 and

- 1) Live in Winnipeg
- 2) Are from a low-income family
- 3) Not already attending another overnight camp this summer

Made possible by a generous gift from a Winnipeg Christian businessman

HOW TO FIND SWEET RELIEF

FIVE WAYS TO MANAGE YOUR SUGAR INTAKE

According to a Statistics Canada report, Canadians consume an average of 110 grams of sugar per day, the equivalent of about 26 teaspoons (or about 21 per cent of their daily calories).

If you want to reduce your sugar intake, it's not necessarily an easy thing to do, especially when much of the sugar we consume is found in the foods we eat, in addition to what we add on our own.

Lydia Knorr, a registered dietitian, offers some sweet relief. Here are five simple ways you can reduce your sugar intake without giving up all of your favourite foods and beverages:

CHOOSE WHOLE GRAINS

Overwhite breads, white rice, and processed and refined carbohydrates digest quickly in the body and can cause rapid fluctuations in blood glucose levels.

Whole grains, starchy vegetables and legumes provide fibre and break down more slowly in the body, sustaining blood glucose levels.

WATCH OUT FOR HIDDEN SOURCES OF SUGAR

Some healthy foods like yogurt and oatmeal may contain added sugars. Choose plain varieties of yogurt or oatmeal, then add a naturally-sourced, calorie-free sweetener.

GET TO KNOW THE SUGARS ON FOOD LABELS

Be mindful of foods that list sugar within the first few ingredients on the ingredient label. Also, learn the different names for sugar so you understand its various forms, such as ingredients ending in "ose".

BEWARE OF BEVERAGES

According to a Statistics Canada report, beverages account for 35 per cent of the daily sugar intake for adults. Limit intake of these.

DON'T SKIP MEALS

Your blood sugar levels could drop to a point that may encourage cravings for or binging on sugary foods. If this happens, you can help curb cravings by eating a piece of fruit.

— News Canada



TIME FOR A CHANGE IN ROUTINE — TIME FOR PANDA TEA

You have been grabbing a coffee on your way to work for years. Isn't it time to try something new?

Today is your chance.

Experience something more exciting than coffee — something that will keep you coming back for more.

You have probably heard of, or tried, bubble tea, but you have never tried bubble tea like it's served at Panda Tea on Pembina Highway.

The hallmark of bubble tea is its tapioca pearls — if made just right, they can provide a unique and eye-opening beverage experience. Panda Tea makes its pearls in-house, using only the most authentic ingredients and techniques.

Panda Tea's owners, who hail from Taiwan, make these drinks the way they are meant to be made, using their knowledge and recipes to share this traditional drink with you.

Until Sunday, bring in this copy of Metro Winnipeg and you can buy any drink on the menu and get the second free.

Try a Taro Milk Tea — a blend of black tea, milk and authentic Taro flavour — or sample a refreshing Coconut Milk Tea, made with coconut milk imported from Thailand.

Both the Taro Milk Tea and Coconut Milk Tea can also be made as a slush

drink — perfect for hot summer days.

Panda Tea's signature drink — the Panda Bubble Milk Tea — is another great choice. This perfect blend of Taiwanese black tea and authentic milk powder is set off by specially prepared tapioca bubbles, cooked at just the right temperature, making them the perfect texture. The result is an unforgettable drink that might just replace coffee in your daily routine.

ONLY 3 DAYS! ALL DRINKS BUY 1 GET 1 FREE

Red Wow Milk
紅撞奶

Bubble Milk Tea
珍珠奶茶

Taro Slush
芋香冰沙

Only 3 Days!
All Drinks Buy 1 Get 1 Free
Friday June 7 to Sunday June 9, 2013
(Must show this coupon for discount)

Fresh Fruit Drinks • Slush • Bubble Tea • Coffee

Mon to Thurs & Sun • 12pm to 11pm
Fri & Sat • 12pm to 12am

204.504.8299
2999 Pembina Hwy Winnipeg, MB
Facebook: [Panda.Tea.Canada](#)

YEA DIM SUM IS BACK IN BUSINESS

RESTAURANT HAS MORE TO OFFER AFTER OWNERS DECIDED TO REOPEN

The original Dim Sum owners are back in business. The owners of the company first began their business with the launch of Emperor Palace Restaurant, a partnership with their aunt and uncle. It was packed everyday, especially on the weekends, where it was set up for weddings, birthdays and office events. Those were great times for patrons.

Eventually, the owners decided to give the restaurant a facelift. Renamed Dim Sum Garden, it was the next venture. The owners hired various chefs from Asia and combined their know-

ledge on Chinese cuisine to make it a success in Winnipeg.

The restaurant was the first in town to offer dim sum happy hour, which was so popular it bought in a new clientele. Customers would line up out the door no matter what the weather was like.

About six years ago, the owners decided to cease operating. They realized they were working a lot and didn't have enough time with family. So, in 2007, they sold the business.

After selling, the owners saw a lot of their regular customers, who told them how much they enjoyed the restaurant when they operated it. The customers enjoyed the food, but also the relationship built over the last 20 years.

Due to these comments, Yea Dim Sum was launched with a new interpretation of Chinese cuisine.

The owners are now back in business with more to offer.



ESKAVLIM/VEER

A New Interpretation Of Chinese Cuisine

Limited Time Offer! MON TO FRI: 2-10 PM
SAT & SUN: ALL DAY

\$2.50
Per Dish



DAILY
LUNCH SPECIAL
\$6.95



YEA DIM SUM
asian cuisine

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204-505-0800 www.yeadimsum.com

DIM SUM HAPPY HOUR



New Food



New Design



New Management

Perfect Venue for Birthdays,
Anniversaries, Office Functions
or any other Special Occasion



YEA DIM SUM
asian cuisine

277 Rupert Ave. 204-505-0800 www.yeadimsum.com

ESPECIALLY FOR YOU DINE-IN ONLY VALID MON-FRI (11AM-2PM)

Limit 2 coupons per table. Min purchase \$20 before tax. Cannot be combined with any other offer. Expires June 30, 2013.

\$5 OFF

TAKE AND BAKE A FRESH PIZZA

PAPA MURPHY'S USES ONLY QUALITY INGREDIENTS AND FRESH DOUGH

There is a new, fresh and delicious take-and-bake pizza company in Winnipeg.

Papa Murphy's is the largest take-and-bake pizza company in the world and is the fifth largest pizza chain in North America. The Vancouver, Wash.-based company has more than 1,300 stores in three provinces and 38 U.S. states. Papa Murphy's was voted as Zagat Survey's "No. 1 rated pizza chain" in 2010, 2011 and 2012.

Doug and Lisa Sanders, owners of Papa Murphy's Winnipeg East, say that this is the best pizza they have ever tasted. Quality ingredients are used to make a quality pizza, the dough is made fresh every day, and the produce is cut up fresh every day.



CONTRIBUTE

Guests have the opportunity to take the pizza home to bake it when it is convenient for them. Another advantage

is that there is no tax on Papa Murphy's pizzas because customers take the pizza home to cook it.

Customers can choose from three types of crust — original, deLITE and stuffed. The original crust rises up perfectly to create a delicious pizza. The deLITE crust is a thin, cracker-like crust that has 40 per cent fewer calories and 30 per cent less fat than the original crust pizza. The stuffed pizzas contain sauce, 100 per cent real mozzarella cheese and toppings in between two original crusts that are braided together. The stuffed pizzas are approximately three pounds (large) to five pounds (family) of pizza.

Papa Murphy's pizzas are perfect summertime pizzas. Guests can pick up a pizza on their way to the lake. They can also grill their pizzas on a barbecue.

In addition to pizzas, Papa Murphy's has delicious desserts that include cinnamon wheels, s'mores and cookie dough.

The store is located at 31B-1530 Regent Ave. W. (across from Kildonan Place Shopping Centre). Guests can pre-order by calling 204-414-7272 (PAPA).

For more, visit panamurphys.ca

A close-up photograph of a happy, smiling baby with blonde hair, wearing a yellow shirt, sitting at a table. The baby is looking towards the camera with hands clasped near their chin. In the background, there's a green sippy cup with a green lid on the table, and a partially visible pizza on a wooden board.

Papa Murphy's®
TAKE 'N' BAKE PIZZA

Love at **425°™**

EAST WINNIPEG
31B 1530 Regent Avenue W
204-414-7272

Papa Murphy's®
TAKE 'N' BAKE PIZZA

N

Kildonan Place Shopping Centre
Regent Ave W
Reinhard Dr
Canadian Tire
Winners

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Come in on Monday to enter for a chance to win a \$50 Papa Murphy's gift card!

50% OFF

**Papa Murphy's®
TAKE N' BAKE PIZZA**

SUNDAY EXCLUSIVE
Buy 1 and Get 1 50% off.
50% off pizza must be of
equal or lesser value.

\$2

\$8

**Papa Murphy's®
TAKE 'N BAKE PIZZA**

**LARGE
PEPPERONI**

DOG DAYS OF SUMMER

FUN ACTIVITIES FOR YOU AND YOUR PET

Discover the joy of being active with your canine companion. Try some of these fun activities:

1 Go for a walk. Sounds basic, but many pet owners don't make it a daily practice. "Behaviour problems and obesity — the No. 1 medical problem for dogs — can arise from inadequate exercise," says Dr. Deji Odetoyinbo, a veterinarian with a busy urban practice in Toronto and 12 years experience in emergency medicine.

2 Play fetch. Whether you use balls, squeak toys or some other retrievable object, many dogs love fetching. "Dogs are social animals and retrieving something is an interaction that's mentally gratifying and intensely rewarding."

3 Go for a swim. Dogs generally like water, but swimming comes with a

few caveats. "Not every breed should be allowed in water — bulldogs in particular," Odetoyinbo says. "Make sure the current is safe. And remember that floating algae can be deadly, so if the water has a blue-green film, keep your dog out."

4 Go for obedience training. This is especially important for younger dogs, but even old dogs can learn new tricks. "It's also a good way to solidify the bond between pet and owner."

5 Take your dog visiting. A well-behaved dog can do wonders for seniors and those with developmental disabilities. "Talk to your vet first to ensure your dog has the right temperament and is free of communicable health problems, since some people you encounter may be immune-compromised," Odetoyinbo says.



GEM PHOTOGRAPHY/VEER

6 Go on vacation. "Just make sure to take along first aid items, medications and food (in case you can't get your regular brand where you are going). Give

your dog plenty of bathroom breaks, water and cool air while driving. Ensure immunizations are up to date and check that your destination is pet friendly."



STRETCHING YOUR LEGS WITH YOUR FOUR-LEGGED FRIEND

To keep walks happy, comfortable and safe, here is a quick list of things to consider when you are out and about with your four-legged friend this summer, compiled with the help of Dr. Deji Odetoyinbo, a Toronto veterinarian with 12 years experience in emergency medicine.

Plan your route. It's easy to head out, then find that you have gone too far and your pet is struggling. "Especially short-faced breeds like pugs and bulldogs can suffer severe respiratory distress if they're exercised on hot days," Odetoyinbo says.

Stay on the grass. Concrete or paved surfaces can cause burned foot pads if you are walking on a hot day. "Staying on a path or grassy surface will keep paws cooler and act as better cushioning for a dog's joints."

Go early or late. "Many dogs keep

going until they drop, so it's important to ensure they don't get overheated. Walk early or late in the day when it's cooler."

Take a leash. "Even if you're headed to an off-leash zone, your pet should be leashed en route." Not all dogs are well-behaved in the dog park, so it's best to be able to leash your pet if it or other dogs it is playing with are acting up.

Carry enough poop bags. One dog, one bag, right? Wrong! You may need extras since some dogs go multiple times — or someone else in the park might be stuck. "Three bags is a good number," Odetoyinbo says.

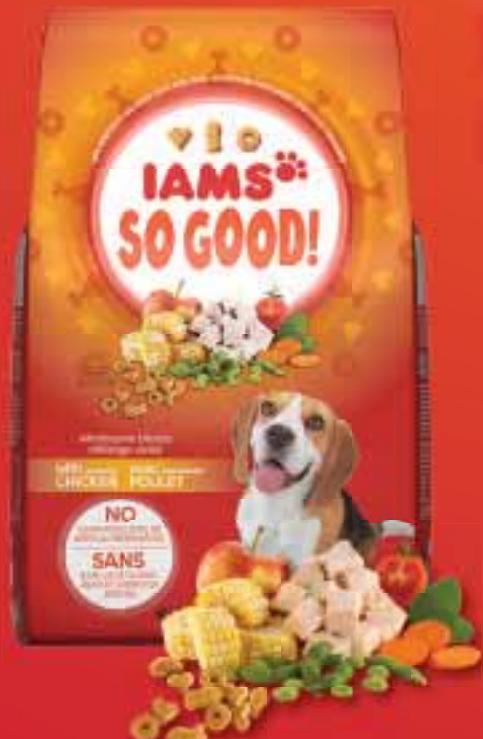
Don't forget water. Most dogs aren't trained to drink out of a bottle. "There are great collapsible containers that double as a dispenser that are handy and easy to carry." Check your local pet store.

NEW

Introducing

100%
Yummy

100%
Wholesome
Ingredients!



Do you really know what's in your dog's bowl?

Did you know that some leading brands add sugar, dyes or artificial preservatives? **New IAMS® SO GOOD!** has 100% wholesome ingredients and nothing else.

- ✓ NO Sugar Added
- ✓ NO Dyes
- ✓ NO Artificial Preservatives

Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca

IAMS
Keep love strong

SAFE SOLUTIONS IN THE GARDEN

With summer in our midst, it's time to gear up the green thumb and get gardening. Keep your pet in mind this season while planting your garden and create a truly enjoyable outdoor oasis that's also safe for your four-legged friend.

Clarine Lee-Macaraig, an eco-expert with Evergreen, a national organization committed to building sustainable green cities, offers the following tips for passionate pet owners to take action in their own backyards and beyond:

PLANTING PROWESS

Choosing the right plants is key to a safe garden. Avoid Lily of the Valley, Yew, Rhododendron, Oleander, Azaleas, Foxglove and Deadly Nightshade, which can be just as toxic to humans as pets. If you prefer a green space to garden beds, consider white clover seeds instead of grass seeds. White clover is more tolerant of dog and cat urine.

ROAMING ROVER

Know your pet's personality and design accordingly. For an energetic pup, create

a raised garden, which can protect some of your prized plants, keep your pet safe and help your pet stay. Raised garden beds are also good solutions to pets that are chewers.

SAFE SOLUTIONS

Keeping it organic is the safest way to garden for everyone in the family. Avoid pesticides and fertilizers, which can be dangerous for four-legged family members. Because pets regularly clean themselves the chemicals can irritate and harm a cat or dog. Know your pet. If your pet is sensitive and has allergies even natural or organic pest and weed controls can aggravate them. Try companion planting for the best pest control.

REIN IT IN

Be sure to keep your pets (cats and dogs) leashed when walking on unknown trails to protect plant life and wildlife in forests and wetlands. Remember that cats can be wildlife conscious, too, by wearing a leash and collar bell to alert and protect birds and other wildlife. — *News Canada*



MARTINIAN/VEER

D'Arcy's A.R.C. Gigantic Yard Sale & BBQ

June 8-9,
2013



Sat. June 8th 9am-5pm & Sun. June 9th 9am-4pm

Come support D'Arcy's A.R.C.



730B Century Street
Winnipeg, MB R3H 0M1
204.888.2266 www.darcysarc.ca

HELP SUPPORT D'ARCY ANIMAL RESCUE CENTRE

YARD SALE JUNE 8-9

The D'Arcy Animal Rescue Centre annual yard sale fundraiser has been holding yard sales for the past 12 years. This year's sale will be held June 8-9.

Funds raised go toward a never-ending vet bill. The shelter is constantly holding fundraisers to fund the daily cost of operating a "for life" animal facility. The shelter receives no city or government funding.

Due to a late spring this year, the number of homeless kittens and puppies are now making their way to the shelter. More than 160 animals are being housed with approximately 50 in foster homes waiting to come in to the facility.

The shelter constantly takes in animals from the province, city animal services and surrounding animal control agencies. The need for these services is demanding and it has always been a struggle to keep up.

The shelter is pleased to be celebrating 12



IVONNE/VEER

successful years in business and looks forward to being there for the homeless animals in need in the future.

Visit June 8-9 from 9 a.m. to 4 p.m. for the annual yard sale where there will be 50 tables of items to sell to raise funds.

There will be a barbecue both days and you can visit the animals living at the shelter.

The ARC is a registered charity and donations of \$20 or more are tax deductible and appreciated.

D'Arcy's A.R.C. (Animal Rescue Centre) is located at 730B Century St.

For more, please call 204-888-2266.

Wealth

Woods' \$78M last year ranks first

Tiger Woods is back on top of Forbes' list of highest-paid athletes.

The star golfer spent 11 straight years at No. 1 on the magazine's list before falling to third in 2012. The magazine estimates he made \$78.1 million over the last year. **THE ASSOCIATED PRESS**

NBA

Coach of the Year on the outs in Denver

The starless Denver Nuggets just lost their biggest name on the bench.

George Karl was ousted Thursday less than a month after winning the NBA's Coach of the Year award. His tenure with the Nuggets is over after eight and a half seasons. **THE ASSOCIATED PRESS**



George Karl GETTY IMAGES FILE

FIFA

Brazil falls to an all-new low

Five-time World Cup winner Brazil dropped to a historic low of No. 22 in the FIFA rankings on Thursday only one year before hosting the showpiece tournament. World and European champion Spain remains atop the rankings. **THE ASSOCIATED PRESS**

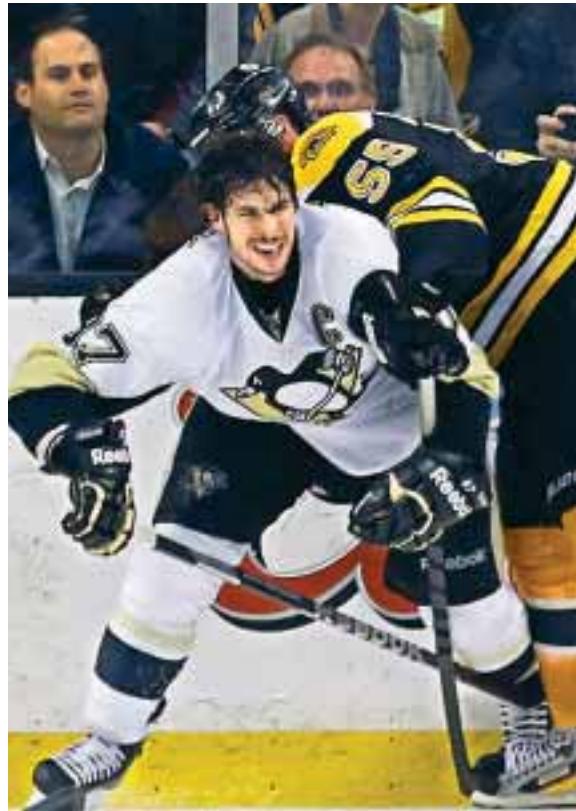
Quick healing



"I feel confident in my body and the way it's been responding."

Redskins QB Robert Griffin III said Thursday "without a doubt" that he expects to be fully recovered from knee surgery and in uniform when training camp starts on July 25 in Richmond, Va.

Penguins in search of scoring touch in 11th hour



The Bruins have kept Sidney Crosby and the Penguins in check. The star player is without a point in the series. **BRUCE BENNETT/GETTY IMAGES**

NHL playoffs. With Boston ahead 11-2 in goals over the series, Pittsburgh needs to fill the net to avoid sweep

The Penguins are improving at putting more shots on net. They just need to put more into the net.

And they're running out of time.

Pittsburgh forced Boston goalie Tuukka Rask to make 53 saves, but the Bruins won 2-1 in double overtime on Wednesday night for a 3-0 lead in the Eastern Conference final.

The Penguins must keep firing pucks at Rask, forward Pascal Dupuis said Thursday, and "with the firepower that we have on our team, eventually they will go in."

If "eventually" doesn't come Friday night, their season will be over in stunning fashion. The team of Sidney Crosby, Evgeni Malkin and other top offensive threats will have been swept in the best-of-seven series.

It would be a shocking end to a season in which the Penguins led the NHL in scoring,

Quoted

"By no means are we going to panic about scoring goals."

Penguins forward Brandon Sutter, who has one of his team's two goals in the series.

and averaged 4.27 goals per game in their first two playoff series, but have been outscored 11-2 in the three losses to the Bruins.

Only three teams have overcome 3-0 playoff deficits. The Penguins know the odds are stacked heavily against them but are trying to ignore that.

"I think if you're betting right now, you're not betting on the Penguins down 3-0," said forward Brandon Sutter, who has one of their two goals. "But we're not going to quit. The percentages are, obviously, against us, but we've got a good team."

The top-seeded Penguins were dominated by the fourth-seeded Bruins in the first two games, losing 3-0 and 6-1. But in Game 3, they outplayed Boston for much of regulation.

"We need to be the team who we believe we are and go back to what's made us suc-

cessful," forward Matt Cooke said.

"Obviously, the result wasn't there, but the effort and determination and style of play was more like who we are."

The Bruins won when Patrice Bergeron, covered closely by defenceman Brooks Orpik, redirected Brad Marchand's pass behind goalie Tomas Vokoun at 15:19 of the second overtime.

An inch or two either way, and the pass might have missed Bergeron's stick or his shot could have gone wide of the net.

"He drove the net. He outbattled the guy," said Bruins centre David Krejci, the leading scorer in the playoffs. "It looked pretty simple, but it's tough when you go to the net to keep your stick on the ice and he managed to do that and got a big goal."

THE ASSOCIATED PRESS

Comeback kids

The last team to lose a series after going up 3-0 was the Bruins in the Eastern Conference semifinals against the Philadelphia Flyers in 2010.

Serena eyeing return to French Open throne

Done with a dominating performance in the French Open semifinals, Serena Williams climbed the stairs leading from the locker-room to the players' lounge, looking to give her mother a hug.

Smiling widely all the while, Williams greeted visitors, posed for photos and signed autographs on her way.

It's been more than a dec-

ade since she was so happy — and played so well — this deep in the tournament at Roland Garros.

Coming as close to perfect as seems possible, Williams absolutely overwhelmed last year's runner-up, fifth-seeded Sara Errani of Italy, 6-0, 6-1 in a mere 46 minutes Thursday to reach the final for the first time since winning her lone

French Open championship in 2002.

"It doesn't seem like that long ago," Williams said, "even though it was."

To collect her 16th Grand Slam title Saturday, Williams will need to beat defending champion Maria Sharapova, who put aside 11 double-faults and got past third-seeded Victoria Azarenka 6-1, 2-6, 6-4.

in a much more competitive semifinal.

The final features the top two women in the rankings and seedings, No. 1 Williams and No. 2 Sharapova. They are two of three active women with more than two major championships; Sharapova completed a career Grand Slam in Paris last year with No. 4. **THE ASSOCIATED PRESS**



Serena Williams GETTY IMAGES

4
SPORTS

A-Rod set to 'monitor' MLB drug investigation

Biogenesis. Yankees' all-star third baseman one of many players linked to Miami clinic

Alex Rodriguez says he plans to keep tabs on developments in Major League Baseball's latest drug investigation — the one where his name keeps popping up along with several other stars.

And New York Yankees teammate Derek Jeter says he'll comment on the scandal after A-Rod does.

Rodriguez, an All-Star third baseman, was among several high-profile players linked to a Miami clinic called Biogenesis of America and its founder Anthony Bosch in a January report in the Miami New Times.

Bosch agreed this week to co-operate with MLB's probe, which could lead to suspensions for Rodriguez, Ryan



Yankees third baseman Alex Rodriguez reacts during Wednesday's workout at the team's minor league complex in Tampa. CHRIS O'MEARA/THE ASSOCIATED PRESS

port before the process is even concluded," Rodriguez said Thursday in a statement issued by his new spokesman, Ron Berkowitz. "I will monitor the situation and comment when appropriate. As I have said previously, I am working out every day to get back on the field and help the Yankees win a championship. I am down

here doing my job and working hard and will continue to do so until I'm back playing."

Rodriguez is recovering from the hip surgery he underwent in January and regularly works out at the Yankees' minor league complex in Tampa, Fla.

After The Miami New Times story was published, Rodriguez issued a statement through spokesman Terry Fahn saying: "Alex Rodriguez was not Mr. Bosch's patient, he was never treated by him and he was never advised by him. The purported documents referenced in the story — at least as they relate to Alex Rodriguez — are not legitimate."

Earlier this year, Rodriguez hired Miami lawyer Roy Black, whose clients have included Rush Limbaugh and William Kennedy Smith. Jay Reisinger, a lawyer and agent for baseball players, is representing Rodriguez in MLB's probe.

THE ASSOCIATED PRESS

MLB

Scherzer pitches Tigers past Rays

Detroit starter Max Scherzer struck out nine in seven innings to stay unbeaten this year, and Victor Martinez homered and drove in three runs to lift the Tigers to a 5-2 victory over the Tampa Bay Rays on Thursday.

Miguel Cabrera had three hits for Detroit, along with his major league-leading 66th RBI.

Scherzer (8-0) allowed a run and four hits, walking two. He is the first Detroit pitcher to start the season 8-0 since Jeremy Bonderman in 2007. Joaquin Benoit allowed a run in the eighth, and Jose Valverde pitched a perfect ninth for his seventh save in nine chances. THE ASSOCIATED PRESS



Max Scherzer of the Tigers is off to an 8-0 start this season. LEON HALIP/GETTY IMAGES

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 3-0)

Wednesday's result

Boston 2 Pittsburgh 1 (2OT)

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-1)

Thursday's result

Chicago at Los Angeles

Tuesday's result

Los Angeles 3 Chicago 1

Saturday's game

Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

FINAL

(Best-of-7)

MIAMI (1) VS SAN ANTONIO (2)

Thursday's result

San Antonio at Miami

Sunday, Jun. 9

San Antonio at Miami, 8 p.m.

Tuesday, Jun. 11

Miami at San Antonio, 9 p.m.

Thursday, Jun. 13

Miami at San Antonio, 9 p.m.

Sunday, Jun. 16

x-Miami at San Antonio, 8 p.m.

Tuesday, Jun. 18

x-San Antonio at Miami, 6 p.m.

Thursday, Jun. 20

x-San Antonio at Miami, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	36	24	.600	—
New York	34	25	.576	1 1/2
Baltimore	34	26	.567	2
Tampa Bay	32	27	.542	3 1/2
Toronto	25	34	.424	10 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	32	26	.552	—
Cleveland	30	29	.508	2 1/2
Minnesota	26	30	.464	5
Chicago	25	32	.439	6 1/2
Kansas City	24	32	.429	7

WEST DIVISION

	W	L	Pct	GB
Texas	36	22	.621	—
Oakland	36	25	.590	1 1/2
Los Angeles	26	34	.433	11
Seattle	26	34	.433	11
Houston	22	39	.361	15 1/2

Thursday's results

Detroit 5 Tampa Bay 2

Baltimore 3 Houston 1

Texas at Boston

Oakland at Chicago White Sox

Minnesota at Kansas City

N.Y. Yankees at Seattle

Wednesday's results

N.Y. Yankees 6 Cleveland 4

Chicago White Sox 7 Seattle 5 (16)

Chicago Cubs 8 L.A. Angels 6 (10)

Tampa Bay 3 Detroit 0

Texas 3 Boston 2

Houston 11 Baltimore 7

Kansas City 4 Minnesota 1

Friday's games

All times Eastern

Texas (Tepeach 3-4) at Toronto (Rogers

1-2), 7:07 p.m.

Cleveland (Jimenez 4-3) at Detroit (Ver-

lander 7-4), 7:08 p.m.

L.A. Angels (Hanson 2-2) at Boston (Dou-

bront 4-2), 7:10 p.m.

Baltimore (Hamrell 7-3) at Tampa Bay

(Archer 0-1), 7:10 p.m.

Oakland (Parker 4-6) at Chicago White Sox

(Sale 5-3), 8:10 p.m.

Houston (Lyles 3-1) at Kansas City (Shields

2-6), 8:10 p.m.

N.Y. Yankees (Kuroda 6-4) at Seattle (Bond-

erman 0-1), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	37	22	.627	—
Philadelphia	30	30	.500	7 1/2
Washington	29	30	.492	8
New York	23	33	.411	12 1/2
Miami	16	44	.267	21 1/2

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	21	.644	—
Cincinnati	36	24	.600	2 1/2
Pittsburgh	35	25	.583	3 1/2
Chicago	24	33	.421	13
Milwaukee	22	36	.379	15 1/2

WEST DIVISION

	W	L	Pct	GB
Arizona	34	25	.576	—
Colorado	32	28	.533	2 1/2
San Francisco	31	28	.525	3
San Diego	27	32	.458	7
Los Angeles	25	33	.431	8 1/2

Thursday's results

N.Y. Mets at Washington, postponed

Arizona at St. Louis

Philadelphia at Milwaukee

San Diego at Colorado

Atlanta at L.A. Dodgers

Wednesday's results

Atlanta 5 Pittsburgh 0

Philadelphia 6 Miami 1

Oakland 6 Milwaukee 1

Toronto 4 San Francisco 0

N.Y. Mets 10 Washington 1

Colorado 12 Cincinnati 4

Arizona 10 St. Louis 3

San Diego 6 L.A. Dodgers 2

Friday's games

All times Eastern

Pittsburgh (Liriano 3-2) at Chicago Cubs

(Wood 5-3), 2:20 p.m.

Minnesota (Correa 5-4) at Washington

(Karns 0-1), 7:05 p.m.

St. Louis (Wainright 8-3) at Cincinnati

(Leake 5-2), 7:10 p.m.

Miami (Fernandez 3-3) at N.Y. Mets

(Harvey 5-0), 7:10 p.m.

Philadelphia (Lee 7-2) at Milwaukee

(Figaro 0-1), 8:10 p.m.

San Diego (Volquez 4-5) at Colorado

(De La Rosa 7-3), 8:40 p.m.

San Francisco (Cain 4-3) at Arizona

(Corbin 9-0), 9:40 p.m.

Atlanta (Maholm 7-4) at L.A. Dodgers

(Ryu 6-2), 10:10 p.m.

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'I should've died on the football field'

CFL. After suffering devastating spinal injuries in high school, love of football brings Breaux to Hamilton

Some have mistaken it for a tattoo. Others have actually asked to touch it.

The scar stretching from the base of Delvin Breaux's skull down his neck to roughly his shoulder blades is a constant reminder of how fortunate the Hamilton Tiger-Cats rookie defensive back is to be alive.

"I thank God and am so blessed," Breaux said this week at the CFL team's training camp at McMaster University. "I appreciate football much more because a lot of people wouldn't take a chance on me."

"I'm just so glad to have the opportunity to play again."

The 23-year-old cheated death Oct. 27, 2006, just two days after celebrating his 17th birthday. Having already committed to LSU, one of the top programs in U.S. college football, Breaux was covering a kickoff during a high school



This still image from a video at Ticats camp shows rookie defensive back Delvin Breaux's scar from a neck injury he suffered during a high school game in October 2006.
DAN RALPH/THE CANADIAN PRESS

game in New Orleans when the force of making the tackle broke the C6 vertebrae in his neck and caused both the C4 and C5 to dramatically shift.

His right vertebral artery, which carries blood from the heart to the brain and spine, was also severely damaged.

"I remember it like it was yesterday," Breaux said. "Scouts from LSU, everybody, was in the stands and I wanted to make a play."

"So I ran down and led with



A different arena

Delvin Breaux began the 2013 Arena Football League season with the New Orleans VooDoo before signing with Hamilton as a free agent.

ations, the first to fix the broken artery and provide stability in his spine. A metal plate was inserted into his neck during the second procedure.

Breaux lost roughly 30 pounds. His recovery took nearly six years and while Breaux attended LSU on an athletic scholarship, he never got medical clearance to play football there.

After university, Breaux worked construction and as a bouncer. He played flag football before catching on with the semi-pro Louisiana Bayou Vipers.

Now, all these years later, Breaux's dream is to get his hands on the Grey Cup.

"Many people would've quit, it wouldn't have been in their heart anymore to keep playing. But I'm a different breed, I want to keep playing."

THE CANADIAN PRESS

Refusing to quit

"I always had the thought of coming back even though many people told me my career was over."

Delvin Breaux

my head. That was the wrong thing to do, but I wanted to make a play and I wasn't using my eyes and being smart about it. There I was, lying on the ground, I was out."

Amazingly, Breaux walked off the field and told his coach-

es he wanted back in. But he began experiencing neck and back pain, blurred vision and difficulty swallowing because one of the discs in his neck slipped into his throat.

"(Trainers) tried giving me two ibuprofens but I couldn't

swallow and it was hard to breathe," Breaux said. "My dad asked how I was doing and I said, 'I'm good but call an ambulance.'"

It was at the hospital that Breaux realized just how lucky he was.

"The doctor told me afterwards I should've died on the football field," Breaux said.

"My parents, everybody, were crying."

The six-foot-one, 196-pound Breaux required two oper-

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Horoscopes**Aries****March 21 - April 19**

Try not to let your anxieties get the better of you. As Neptune turns retrograde in the most sensitive area of your chart today, you may see problems where none exist. Act as if life is wonderful — and it will be.

Taurus**April 21 - May 19**

Today's events will encourage you to believe that all things are possible. But they could also tempt you to take foolish risks, so think before you act. If you make a mistake, fix it.

Gemini**May 22 - June 21**

Keep things simple today. Also, tread carefully when dealing with employers and other important people. They may see you as a threat and try to clip your wings.

Cancer**June 22 - July 23**

The planets warn you should watch what you say today, especially if you are one of those Cancerians who tend to speak before fully engaging your brain. You are entitled to your opinion but others are just as entitled to disagree.

Leo**July 24 - Aug. 23**

You will act on impulse quite a bit over the next 24 hours. Just be careful you don't say anything that could have a negative financial impact.

Virgo**Aug. 24 - Sept. 23**

Your emotions may be raging but you are determined not to let anyone know about it. That's probably a good move, because if your rivals realize how deep your feelings are, they may exploit them.

Libra**Sept. 24 - Oct. 23**

Don't let your responsibilities weigh you down. It does not matter how much work you have to do or how far behind you are in your schedule, you must remain cheerful.

Scorpio**Oct. 24 - Nov. 22**

Others may give in to despair today but no way are you going to let it affect you. In fact, the more those around you indulge in feelings of doom and gloom, the more you will laugh at them.

Sagittarius**Nov. 23 - Dec. 21**

Don't feel guilty about what happens to others. You are not responsible for the world and its woes and those who say you are should be laughed at loud and long.

Capricorn**Dec. 22 - Jan. 20**

Neptune's apparent change of direction in the travel area of your chart will leave you a bit confused about what you should be doing and where you should be going. The good news is there's no need to rush.

Aquarius**Jan. 21 - Feb. 19**

You may think you know what is going on but the planets warn you are missing an important piece of the puzzle and it could cost you money. Whatever else you do today, don't take chances.

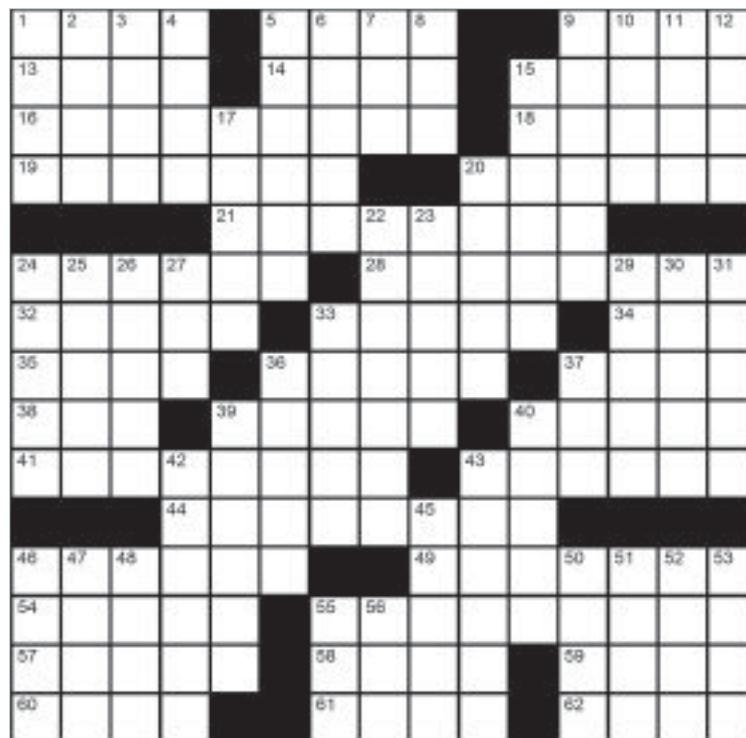
Pisces**Feb. 20 - March 20**

Neptune, your ruler, begins one of its retrograde phases today. Don't be surprised if important issues seem to move in the opposite direction of where you want them to.

SALLY BROMPTON

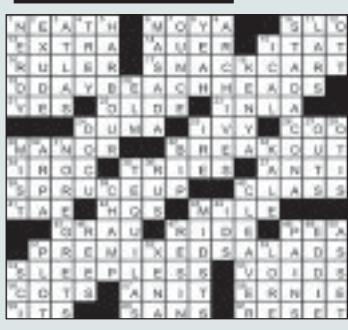
Crossword: Canada Across and Down**Across**

1. German-built car
5. 1957 ballet (Choreography: George Balanchine - Music: Igor Stravinsky)
9. Particular pear
13. Opulent
14. Late night's Jay
15. Quebec stop sign word
16. Northwest Territories: ___ Lake
18. Cite
19. "Sugar, Sugar" by The ___
20. Temper, as metal
21. Poseidon, for one: 2 wds.
24. Associate
28. Jim ___ (Bryan Adams' co-songwriter on many hits)
32. Express, as a thought
33. Rifle's two-legged stand
34. Dawn goddess
35. Seas: French
36. Black ___ spider
37. RBC = Royal ___ of Canada
38. Author Mr. Levin
39. Extend, as a membership
40. Be rid of; or, Ethan Hawke's new movie, "The ___" (2013)
41. Run for office
43. Security system device
44. Agitate
46. ___ crystal
49. The ___ (Australia area)
54. Flatline ...but come to life again, say
55. 1972 Summit Series great, Paul ___
57. "Try ___ see!"
58. Jackie Kennedy's fashion designer Mr. ___
49. The ___ (Australia area)
59. "I'm off for ___ - week vacation!"
60. '70s detective series starring Tony Musante
61. Paris train station, ___ Saint-Lazare
62. Main meaning

**Down**

1. Actress Ms. Kurylenko
2. Run smoothly, as an engine
3. CEO, e.g.
4. Ms. Remini
5. Prince ___ , Saskatchewan
6. Canada ___ (Patriotic birds)
7. ___ hunch: 2 wds.
8. Neither here ___ there
9. "Beverly Hills, 90210" character
10. Golden ___ (Ornamental pond fish)
11. "While You ___ Chance" by Steve

12. Keyboard key
15. Mr. Schwarzenegger
17. Striped big cat ...mais en français
20. Shining
22. Obvious
23. "Wham!"
24. Comedian
25. ___ glasses (Optical instruments)
26. Veronica Lodge's father in Riverdale
27. Carry-___ (Some suitcases)
29. Moves toward
30. Large river of Africa
31. Geological ridge
33. Overindulge
36. Rachel of "The Constant Gardener" (2005)
37. Top ___ (Hairstyle)
39. Mouthed off
40. Actress, Holly Robinson
42. Pet food brand
43. Gunk
45. Printer purchase
46. Give up
47. Poet's preposition
48. U2 bass player Mr. Clayton
50. Be boastful
51. Sparkling wine from Italy
52. Milk makers
53. Tangle type
55. Don't share
56. Guido's high note

Yesterday's Crossword**Sudoku**

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	5	1	9	3	6	4	8
8	3	4	6	2	8	5	1	7
1	8	6	5	7	4	9	3	2
8	6	2	7	4	5	1	9	3
5	1	3	8	6	9	7	2	4
7	4	8	3	1	2	8	5	6
6	5	7	4	3	1	2	8	9
4	2	8	9	5	7	3	6	1
3	9	1	2	8	6	4	7	5

7								5
5	3		9			2	7	
9	8					1	6	
9	3	4				7		
1	6		2	8				
2	4					6	7	
9	6	8		4	1			
3								8

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SUNDAY

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MIN: 11°MAX: 20°
MIN: 12°
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